Stop your **skin** taking **damage**

React to red

Berkshire Healthcare NHS
NHS Foundation Trust

prevent pressure ulcers with these simple steps

Pressure ulcers (bed sores) **must be taken very seriously.**
Please follow our advice overleaf to prevent skin damage.
www.berkshirehealthcare.nhs.uk

Under PRESSURE
Part of our Under Pressure campaign

React to red

It's a wake-up call

Category 1 - Red, warm or cold sore skin.

Category 2 - Broken, painful, shallow wounds or blisters.

Category 3 - Deep open wounds fatty tissue may be visible.

Category 4 - Deep open or closed wounds extending into muscle, bones and tendons.

Surface

- Don't lie or sit on anything too hard and the surface must be as smooth as is possible.
- If you can, use a pressure relieving mattress or cushions (an alarm sounding may mean your mattress/cushion is faulty, report this straight away).

Inspect and protect

- Check your skin for any **red** areas, particularly your bottom and heels. If you see any **red,** contact your healthcare professional.
- Keep your skin clean (no perfumed soaps) and dry. Use a barrier cream to protect vulnerable areas.

Keep moving

- Keep moving – at least every two hours (stand up, walk, turnover, lean from side to side, lift heels).
- Don't lay on boney parts of your body, never use your heels to push yourself up or stop yourself sliding down.
- Don't slump in your chair.

Nutrition and hydration

- Drink plenty of water and eat a balanced, healthy diet (vegetables, fruit and pulses).

It's everyones business

Healthcare from the **heart** of your **community**